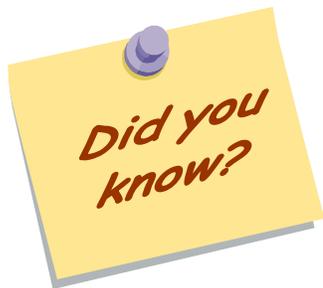


Only Mother's Milk...

Breastfeeding without WIC formula



Giving formula, especially during the first month, can make nursing more difficult. It's the main reason why mothers stop nursing even if they didn't intend to. WIC does not want that to happen to you.



You **can** nurse your baby without giving any formula. If you do, you and your baby get the most health benefits. WIC also gives you the most foods.



WIC will **not** provide formula to breastfed babies during the **first** month. WIC wants you to be successful.

WIC can help you nurse without formula:

Breastfeeding Support Services:

WIC staff can answer your questions and help you solve any problems. WIC can weigh your baby and help ensure that breastfeeding is going well. Call WIC!

Breast Pump Services:

WIC can provide you with a quality breast pump. If you need to pump for going back to work, relief bottles or any other reason, come to WIC!

No Formula the First Month = Better Nursing Start

You Can Do It!



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY

WIC is an equal opportunity provider



Pennsylvania WIC Program
1-800-WIC-WINS
2009